



Weekly Log Sheet

Target blood glucose ranges

Fasting: _____ mg/dL to _____ mg/dL

Pre meal: _____ mg/dL to _____ mg/dL

Post meal: _____ mg/dL to _____ mg/dL

Week of:

		Breakfast		Lunch		Dinner		Bedtime		
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	
Sun.	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Mon.	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Tues.	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Wed.	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Thurs.	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Fri.	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Sat.	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								